GRAPEVINE
VISITACION·VALLEY

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Community Forums Help Plan Future of Valley

Visitacion Valley residents and supporters attended the first in a series of forums on Nov. 14 at the auditorium of the former Schlage Lock Company. Neighbors explained what they liked and disliked about the Valley and what they would like to see in the future. To get involved, call Sara McKay of Urban Ecology at (S10) 251-6333.

Visitacion Valley residents attended two community forums on Nov. 14 and 17 at the former Schlage Lock auditorium to help determine what new development could take place in the neighborhood.

Hosted by Urban Ecology and District 10 Supervisor Sophie Maxwell, an evening *Visitacion Valley Community Vision Workshop* on Nov. 14 and a morning *Goals and Strategies Workshop* three days later focused on development and revitalization opportunities for the vacant 14-acre Schlage Lock factory site, as well as Bayshore Boulevard and the Leland Avenue Business District.

With the assistance of the San Francisco Planning Department, Visitacion Valley Planning Alliance, and Urban Ecology, a non-profit organization founded in 1975 that provides urban planning and design services to low-income neighborhoods throughout the Bay Area, workshop participants considered housing, employment, economic development, transportation and parks, and suggested ideas on how development in their community can address these issues. Ideas discussed included:

*How to meet the community's housing needs;

*Ways to create new employment opportunities;

*How to revitalize local businesses on Leland Avenue and Bayshore Boulevard;

*Which neighborhood services and retailers are needed; and

*How issue of toxics might affect development.

During this first series of workshops community members raised vital questions, develop general goals, and begin to discuss strategies for guiding development.

In the next few months, planning consultants will research all issues and in 2002 ask the community to develop specific proposals for planning controls, public improvements, and private investment.

"Future development in this area will affect not only the neighborhood, but the entire region, and it is critical that the development be guided by the people whom it will impact," explained Sara McKay of Urban Ecology. "This is the beginning of a process that will shape the form and function of the neighborhood for the next generation. It's an opportunity for all the people of the valley to come together and define the priorities of their neighborhood."

Two other major development projects, a new light rail system and a CalTrain station, are also planned in the community.

Rezoning recently halted a proposed Home Depot project in the neighborhood, creating a window of opportunity for the residents of Visitacion Valley to develop their own vision for the Schlage Lock site and the surrounding area.

Bid Process Delays Construction Of Valley Playground Clubhouse

by Stephen Glumaz

San Francisco Recreation and Park Commission officials rejected three contractor's bids to build a 2,600 square-foot clubhouse at Cora Street and Leland Avenue, after offers disclosed a 144 percent mark-up of the architect's estimate.

The lowest bid was $1,148,000 of the $949,118, allocated by the recreation and park department for the Visitacion Valley clubhouse project.

According to San Francisco Recreation and Park Department Project Manager Tony Leung, "We are working with the architect, staff and community steering committee to identify cost saving alternatives.

We have scheduled the project will go out to bid again at the end of the year and if all goes well, construction will start in March or April."

Once built, the Visitacion Valley clubhouse could include programs currently offered at the Margaret Hayward clubhouse in the Western Addition neighborhood in San Francisco serving community youths.

The Myeep after school program providing youths free educational tutoring to kids with homework, is going strong at Margaret Hayward clubhouse.

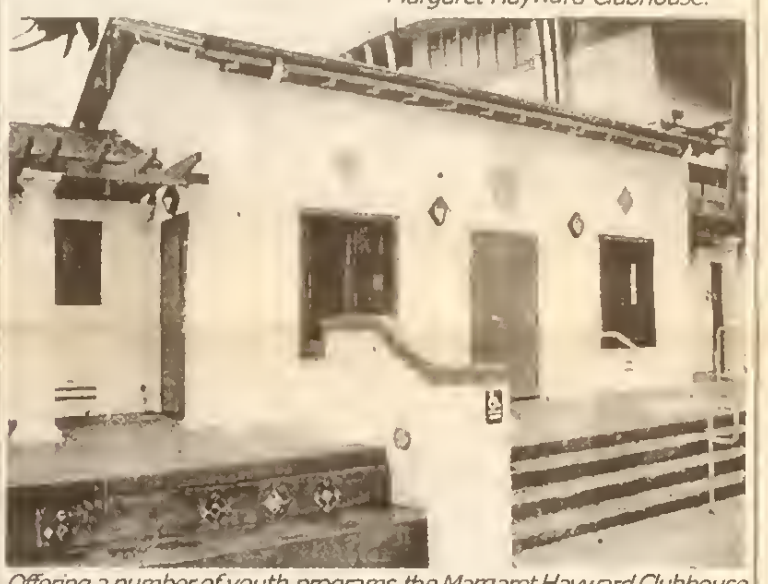
"Kids whose parents are at work, can come here under the Latchkey Program and enjoy snacks and games," said Jerry Jack, recreation and park director for the Margaret Hayward clubhouse. "We had a grand opening Nov. 9, and our remodeled clubhouse was listed as a historical building.

The Latchkey Program allows kids a safe haven off mean streets under tbe supervision of recreation and park personnel while parents are still at work.

Recreation and Park Public Relations specialist Becky Ballinger, hinted at bringing together contractors, non-profit organizations, and her department to raise money for a Visitacion Valley clubhouse celebration bash.

"The Margaret Hayward (clubhouse) celebration had music, lion dancing and Russian dancers. Neighborhood kids put together something too. The Visitacion Valley clubhouse opening can be anything the community wants."

Recreation Director Jerry Jack marveled at the finished job at Margaret Hayward Clubhouse.



Offering a number of youth programs, the Margaret Hayward Clubhouse in the Western Addition recently went through an extensive remodeling.

Closed 101 Freeway On-Ramp Remains a Mystery

by Stephen Glumaz

Many San Francisco residents pumping gas at the Union 76 and Arco stations' in the Bayview neighborhood, are wondering why after so many years, Caltrans never reopened the existing U.S. Highway 101 Silver Street on-ramp. The Caltrans administrator that oversees U.S. 101 in that area, did not know why either.

"I come to my neighborhood gas station to fill-up before work each morning and then have to go back to the Bayshore Boulevard turn-around to get on the freeway to go to work," said a Bayview resident. "I used to just jump on the freeway from here, but they closed the freeway to fix the freeway. Well, the freeway has been fixed for years, but the ramp is still closed."

Drivers emerging from streets near the closed on-ramp needing to hop on northbound U.S. 101 must travel a gauntlet of lighted intersections to either Alemany/Bayshore or Bayshore at Hester freeway entrances. At these junctions northbound U.S. 101 on-ramps allow hundreds of cars, trucks and motorcycles passage each day.

"You know, I don't remember why we never opened that back-up," said Jim Weiss, Caltrans administrator for that particular stretch of freeway. "I'll have to find out and get back to you." He never did.

With construction long completed, Caltrans has yet to reopen a northbound on-ramp onto U.S. 101 from Bayshore Boulevard at Silver Avenue.

The northbound U.S. Highway 101/280 split underwent an immense strengthening after the 1989 Loma Prieta Earthquake badly mauled its structural integrity. Unlike the San Francisco Embarcadero Freeway, San Franciscans unanimously voted not to rebuild after the quake broke its back, Caltrans engineers salvaged the downtown north and southbound portions of U.S. Highway 280, the 101/280 split included. The 101 Silver Street/ Bayshore Boulevard off-ramp and the closed on-ramp are at street level with the U.S. 101/280 split towering directly above.

The northbound U.S. 101 Silver Street exit allows drivers access to the surrounding Bayview, San Bruno, Excelsior, Visitacion Valley and even Bernal Heights neighborhoods.

At present, the Bayview neighborhood Union 76 gas station faces the fenced off on-ramp while a sign positioned on northbound U.S. 101 before the Silver Street exit reads "California tax payer dollars hard at work".

A Caltans employee working the southbound U.S. 101 Paul Street exit, glanced over his shoulder, viewed the Silver Street exit in the distance and remarked, "That's right, that thing is still closed, why?"

S.F. Program's First Solar Powered Building Online

With its solar panels silhouetted against a dramatic downtown skyline, the Headstart school at Potrero Hill House community center made a bit of San Francisco history on Nov. 2 by becoming the first solar power installation funded by a SF Environment grant.

Solar power produces zero toxic emissions, unlike conventional power plants, which makes it preferable from a public health standpoint – an important consideration when power-generating sources are located in residential areas. Additionally, because solar power burns no fossil fuels, the development of this renewable technology alleviates both dependence upon foreign sources of oil, and the perceived need to drill in national parks.

SF Environment is distributing grant funds totaling $13 million to community projects in neighborhoods impacted by the Hunters Point and Potrero Hill power plants. Next on line for getting solar power installations through the grant program are Potrero Hill House itself, and the Potrero Hill Middle School.

In addition to the solar installations, projects include a living classroom at Heron's Head Park; expansion plans for the Southeast Community Health Center; and horticultural and energy-related jobs training programs.

Having a Stress-Free Shopping Experience

When shopping for holiday gifts, consider these helpful hints:

*Take several breaks throughout your day. Keep yourself hydrated while you are shopping by visiting a restaurant or coffee house. This is a good time to check off gifts on your list that you have already purchased.

*Map out the mall before you start. This will save you time.

*Make a list of all the people you need to shop for. Try to list the gifts you would like to purchase as well.

*Do not carry large amounts of cash. Instead use your credit card, debit card, smart card or gift card. Cash can be lost and impossible to replace.

*Create a budget and keep track of all your expenditures. Many Visa issuing banks offer cardholders the opportunity to track their expenses online, which can help shoppers keep track of the money they have already spent and ensure they are staying on budget.

*Shop online. For those shoppers who want to save time, or prefer to shop after the stores are closed, shopping in the comfort of your home is a great solution. When you shop online with your Visa card, for example, you are protected against unauthorized purchases.

*Look for special promotions, such as the Visa Magic Moments program. More than 18,000 Visa customers won during the last Visa Magic Moments promotion. For complete details, go to www.visa.com/magicmoments.

*Give people gift cards. By choosing to give a gift card, you can let the recipients decide the exact item they would like to purchase, therefore reducing the number of items that need to be returned.

*Utilize gift-wrapping centers at malls, many of which benefit a charity. *NAPS*

Grapevine Mailbox

A Letter of Concern

Following is an interesting letter circulating through the Internet

Dear God:

Why didn't you save the school children at: a. Moses Lake, Washington 2/2/96; b. Bethel, Alaska 2/19/97; c. Pearl, Mississippi 10/1/97; d. West Paducah, Kentucky 12/1/97; e.. Stamps, Arkansas 12/15/97; f. Jonesboro, Arkansas 3/24/98; g. Edinboro, Pennsylvania 4/24/98; h. Fayetteville, Tennessee 5/19/98; i. Springfield, Oregon 5/21/98; j. Richmond, Virginia 6/15/98; k. Littleton, Colorado 4/20/99; l. Taber, Alberta, Canada 5/28/99; m. Conyers, Georgia 5/20/99; n. Deming, New Mexico 11/19/99; o. Fort Gibson, Oklahoma 12/6/99; p. Santee, California 3/5/01 and q. El Cajon, Califomia 3/22/01?

Sincerely, Concemed Student

Dear Concerned Student

I am not allowed in schools.

Sincerely, God

Let's see, I think it started when Madeline Murray O'Hare complained she didn't want any prayer in our schools.

And we said, OK...

Then, someone said you better not read the Bible in school, the Bible that says "thou shalt not kill, thou shalt not steal, and love your neighbors as yourself."

And we said, OK...

Dr. Benjamin Spock said we shouldn't spank our children when they misbehave because their little personalities would be warped and we might damage their self-esteem.

And we said, an expert should know what he's talking about so we won't spank them anymore...

Then someone said teachers and principals better not discipline our children when they misbehave. And the school administrators said no faculty member in this school better touch a student when they misbehave because we don't want any bad publicity, and we surely don't want to be sued.

And we accepted their reasoning...

Then someone said, let's let our daughters have abortions if they want, and they won't even have to tell their parents.

And we said, that's a grand idea.

Then some wise school board member said, since boys will be boys and they're going to do it anyway, let's give our sons all the condoms they want, so they can have all the fun they desire, and we won't have to tell their parents they got them at school.

And we said, that's another great idea...

Then some of our top elected officials said it doesn't matter what we do in private as long as we do our jobs.

And we said, it doesn't matter what anybody, including the President, does in private as long as we have jobs and the economy is good.

And someone else took that appreciation a step further and published pictures of nude children and then stepped further still by making them available on the Internet.

And we said, everyone's entitled to free speech...

And the entertainment industry said, let's make TV shows and movies that promote profanity, violence and illicit sex. And let's record music that encourages rape, drugs, murder, suicide, and satanic themes.

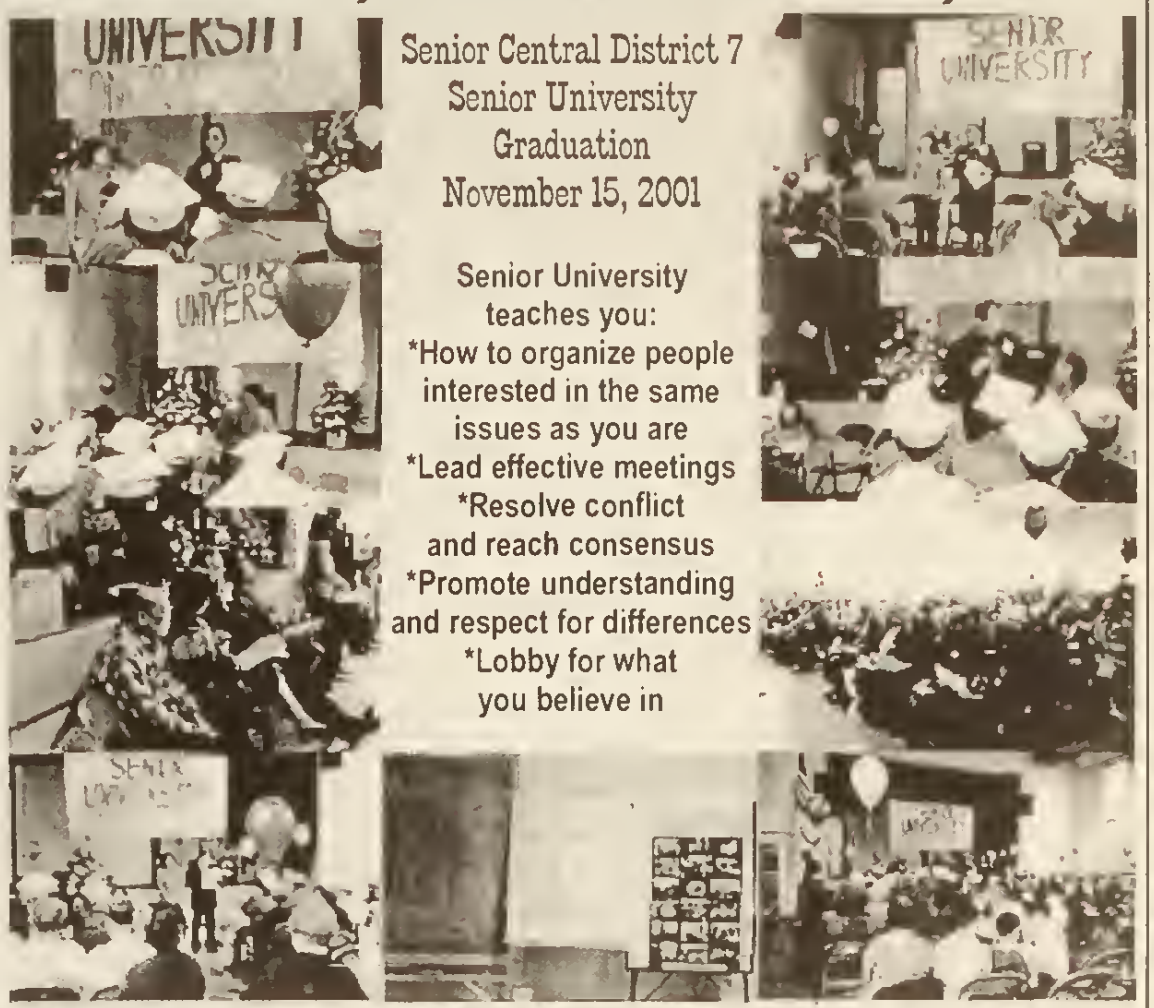
And we said, it's just entertainment and it has no adverse effect and nobody takes it seriously anyway, so go right ahead...

Now we're asking ourselves why our children have no conscience, why they don't know right from wrong, and why it doesn't bother them to kill strangers, classmates or even themselves.

Undoubtedly, if we thought about it long and hard enough, we could figure it out. I'm sure it has a great deal to do with... *"We reap what we sow."*

Pass it on if you think it has merit! If not then just discard it...but if you discard this thought process, then don't you dare sit back and complain about what bad shape this world is in.

Senior University Graduation at Community Center



Senior Central District 7 on Nov. 15 held its Senior University Graduation for the Class of November 2001 at Visitacion Valley Community Center. Graduates include: Robert Atkins, Leung Yau Au, Yong Heng Chen, Zi Fu Chen, John Hung Choy, Tsui Wan Choy, Chiu Chu, Jan Copriviza, Nang-Hai Deng, Bo Tian Feng, Mei Qiong Feng, Vincent P. Gagliardo, Linda L. Geib, Tiauw Poen Go, Qiu Luo Guan, Kai-Ke Han, Mei Yun Huang, Chung Yum Lee, Shao Zhen Li, Cui Hua Lin, Reva M. Loyd, Yuk Mak, Qi Ouyang, Guan-Qun Tang, Mei E. Wang, Rong Guang Wang, Kwai Wing Wong, Ching Yu Woo, Bai Ming Wu, Zhi Guo Zhao, and Zhao Pei Zhen.

State's Energy Contracts Should be Renegotiated

by Senator John Burton

With a shaky economy causing individuals and governments to do some belt tightening, one of the most important things the state has to do is make sure our money isn't being wasted.

That's why I have been urging the Governor to use his leadership to begin renegotiating some of the unwarranted and expensive provisions of the long-term energy contracts the California Department of Water Resources (CDWR) entered into with electricity providers earlier this year.

Without renegotiation, I am afraid energy suppliers will have succeeded in forcing unreasonable and inflexible concessions into the contracts and in locking California ratepayers – including homes and businesses – into paying too high a price for too much power for too long a time.

One of the big problems with the contracts is provisions that put repayment of the state's general fund – for money we already advanced to but power – behind new payments to energy providers. These provisions complicate, and could jeopardize, our ability to issue the bonds we need to pay back the general fund for power purchases.

The expansive rate agreement needed to implement these contract provisions has garnered little public support, has resulted in at least one lawsuit and was rejected recently by the independent California Public Utilities Commission (CPUC). With that avenue gone, renegotiating to restructure the provisions must be pursued as an option.

While it may be true that CDWR's long term contracts help stabilize California's power market, it is also true that the contracts were executed during the height of the state's energy crisis, when we were all fearing multiple blackouts and public safety problems such as medical equipment shutting down, traffic signals failing and elderly and frail Californians facing health complications.

Despite the Governor's repeated urging, the Federal Energy Regulatory Commission failed to impose a meaningful price relief plan for California until June 19, 2001, well after agreements between CD-R and suppliers were made. Given FERC.'s failure to protect Californians from the generators' manipulation of the system, I believe many of the CD-R's contracts were negotiated under economic duress, and that gives us leverage to renegotiate.

According to a recent analysis of the contracts by a Harvard-trained economist, several contracts are inflexible "take or pay" contracts that require the state to pay high prices for electricity over the next decade, whether or not the electricity is actually needed to meet demand.

Examples include:

*Over the life of one contract, the state will pay the provider $1.2 billion more for electricity than unregulated power is estimated to cost over that same period.;

*Another contract guarantees a provider a 20-year, 32 percent return on investment for a specific plant;

*Another agreement has the state paying a provider almost five times today's market price for power over the next two years.

While the contracts may be reasonable relative to the unscrupulous prices charged earlier his year, they appear to lock the state into prices well above projected costs over the next decade.

Some energy providers have already indicated they would be willing to renegotiate if approached, and the Governor's office is now indicating they will internally review some contracts.

That's a good start, but for some of us who don't want to pay too high a price for too much power for too long a time, the Governor needs to use his unique leadership position to move this process forward.

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California Information Center Launched for Anti-Terrorism

by CA Attorney General Bill Locker

The September 11 attack on America stressed a critical need for better sharing of important intelligence information on terrorist activities. While the terrorist attacks focused on the East coast, we must be prepared to protect Californians and our communities from acts of both foreign and domestic terrorism.

In order to protect our state from future assaults by the enemies of freedom, Governor Davis and I have established the California Anti-Terrorism Information Center. This Center will serve as the state's primary agency for gathering and disseminating law enforcement intelligence pertaining to terrorism. The Center will enable us to harness the skill and experience of California's 100,000 peace officers in the effort to provide speedy, thorough and reliable information on which to base critical decisions to protect the public.

Real-time, credible information is a critical weapon against terrorism. California law enforcement agencies currently have in place intelligence-gathering systems to combat illegal narcotics, gangs and organized crime activity. Now, information pertaining to reasonable threats of terrorist activity will also be collected in a centralized place for review, analysis and dissemination.

This secure central database will help law enforcement officers report, analyze and share information about suspected terrorists and their actions, and be available to all law enforcement agencies. A 14-member task force, including state officials, county sheriffs and police chiefs, and headed by Los Angeles County Sheriff Lee Baca, will help direct the Center's activities.

A central repository of information available statewide to law enforcement is critical, because terrorists are highly mobile. While they may strike in one area, they will often plot their moves in another, making it critical that members of law enforcement have intelligence about activities in all parts of the state. Through partner data collection systems, we can share data not only with our neighboring western states, but throughout the nation.

Only data on suspected criminal activity will be shared. Civil liberties will be strongly protected.

Californians who observe suspicious behavior should contact their local law enforcement agencies. However, let's be sure not to blame the innocent for the evil deeds of others. We honor those killed on September 11 best by upholding America's values. There have been more than 230 reported anti-Arab hate crimes or incidents in six major California cities, slightly more than 10 a day since the terrorist attack. Even in our grief, we cannot condone or ignore acts of violence against Arab-Americans or other individuals mistaken for Arabs or Muslims.

Encouraging tolerance and understanding remains as important as ever to prevent assaults against innocent Californians. As Californians, residents of the most diverse nation-state in the world, let us lead the country in a call for all Americans to avoid acting out their anger against innocents.

Good technology, accurate information, good sense and dedication to our American values will be critical in the coming fight.

Payphone Numbers You Should Know

Here are a few telephone statistics that may ring a bell with you:

*There are more than two million payphones nationwide, 500,000 of which are run by independent Payphone Service Providers, or PSPs. The rest are operated by local telephone companies such as the "Baby Bells," Verizon, BellSouth and others.

*Over 400 completed calls are made from each payphone every month. That translates to over a billion calls made each month from payphones throughout the country.

*The Federal Communications Commission (FCC) says 5.5 million American households have no residential phone service. An estimated 25 percent of urban poor households have no phone at home. For these communities, payphones are a lifeline that is often their only communications option for emergencies, keeping in touch with family or other needs.

*9-1-1 calls are free on any payphone, anytime, anywhere. Since payphones are in fixed places, police and medical personnel can locate them quickly-cutting response time in emergencies.

*Independent PSPs range in size from mom-and-pop operations with only one payphone, to Davel Communications Inc., a publicly-traded company with more than 69,000 phones in 44 states.

*The American Public Communications Council represents 1,250 independent PSPs operating about 550,000 payphones.

*Fifty percent of American households, and about two-thirds of U.S. citizens, don't own cell phones. Payphones are their only option for calls away from home or work.

*Payphones are the best dollar value for local and long-distance calls when paid by coin-better than prepaid calling cards or wireless.

*The cost of a coin call is clearly posted on every payphone. Unlike wireless phones, there are no contracts to sign or expensive equipment to buy. *NAPS*

VA Questions & Answers

Following are typical questions answered daily by VA counselors.

Q: I am an active-duty veteran eligible for benefits under the Montgomery GI Bill. Why did the amount VA is paying monthly toward my tuition go up in October?

A: Cost-of-living increases for the payment rates take effect each Oct. 1 with the beginning of each new federal fiscal year. A federal law bases the amount of increase for the full-time student rate on a consumer price index calculation. Certain other rates such as payments for part-time studies or for veterans who converted benefits from an earlier Vietnam-era education program are based at least in part on this full-time rate. The new monthly payment rates for those eligible

at the maximum levels under VA's major Montgomery GI Bill education programs for full-time students are: for veterans of active-duty, $672; for members of the reserves or National Guard, $272; and for those covered under a program for surviving spouses and dependents of deceased veterans, $608. Detailed rates for persons taking a class load that is less than full time or who are covered under other provisions based on their type or training or length of military service are

available at http://gibill.va.gov.

Q: Where can I get help determining which category I fall under with my class load?

A: Veterans with questions about their status or their personal eligibility for education benefits may call VA toll-free at 888-442-4551.

Q: Will the recent activation of reservists for Operation Enduring Freedom entitle them to the higher Montgomery GI Bill education benefit rates enjoyed by active-duty members?

A. A reservist would not ordinarily qualify on the basis of activation alone. However, a service member can qualify at the active-duty rate with as little as two continuous years on active duty if that tour is followed within a year by four years in the reserves. Congress is continuing to look at the issue of benefits for activated reservists.

From the DA's Office

Son Admits Killing Altaneze Taylor

District Attorney Terence Hallinan on Oct. 22 praised SFPD homicide inspectors Mauren D'Amico and Michael Maloney for obtaining a confession in the murder of Altaneze Taylor, 65, a widow whose badly decomposed body was discovered at her Bayview residence Sept. 1.

The confessed killer is her son David Taylor, 40.

Inspectors D'Amico and Maloney traveled to New Orleans, where David Taylor is in custody, to interview him on Oct. 20. "The homicide inspectors did an excellent job in pursuing the leads in this gruesome and tragic case," said Hallinan.

Altaneze Taylor had founded the Bright Moments Music Loves Cluh to share her passion for jazz with children. She tended the school garden at Charles Drew Elementary, and had many friends and admirers.

Valencia Gardens Crack Sale Case Guilty Verdict

A San Francisco jury found Robert Guyton, 28, guilty of felony possession for sale of cocaine base (crack). Guyton, who had a prior conviction on misdemeanor gun charges, faces between three and five years in state prison.

Oct Oct. 16, Gatton was observed by an SEPD. surveillance officer making an exchange of cocaine base for money at the intersection of 15th Street and Guerrero. After his arrest, Gatton was brought to Mission Station where he was observed attempting to dispose of 5.43 grams of cocaine.

Gatton claimed that the contraband had been planted on him. After a four-day trial, the jury took 20 minutes to convict Gatton.

"Drug dealers should recognize that the police, my office and San Francisco juries are all on the same page," said District Attomey Hallinan. "Narcotics activity undermines our quality of life and will not be tolerated in Valencia Gardens or anywhere else in the city."

Home Dust Busting Doesn't Have to Be a Pain

If dusting and vacuuming are two of your least favorite household chores, let Linda Cobb, The Queen of Clean« show you how to tackle dust and dirt quickly and effectively so you can get back to the things you love to do.

Defy Dust

*Shake the dust bunny blues with a used dryer sheet. Dust your fumiture, pictures, lamps and light fixtures with a used dryer sheet. It picks up and repels dust from settling on the surface.

*Give your glass tabletop a twinkle with rubbing alcohol. Wipe it down with alcohol and a clean, lint-free cloth for a perfect, streak-free shine.

*Repel dust with a homemade solution of 1 part liquid fabric softener to 4 parts water. Spray on or apply with a soft cloth to blinds, refrigerator shelves, frame and glass-top tables.

Give Floors Royal Treatment

*Place walk-off mats at entryways to collect loose dirt as you and guests enter your home. The less tracked in, the less you have to clean.

*Frequently vacuum the areas with the most traffic, such as hallways, stairs and rooms where there is constant wear. Vacuum at least twice a week.

*Choose a vacuum with a beater bar and strong suction that will penetrate the backing of the carpet and extract all particles. The beater bar lifts the dirt and allows the vacuum to whisk it away. It also picks up any loose fibers that may adhere to fumiture as dust.

*Change your vacuum cleaner bag as instructed in the owner's manual, once it becomes half full. The fuller the bag, the less efficient the vacuum cleaner.

To ensure the long-lasting beauty of your carpet-start with a carpet that is durable and soil- and stain-resistant. The most durable carpet fiber is nylon-inherently tough and it repels dirt and liquids that can stain. DuPont StainMaster carpet features the Advanced Teflon« Repel System, which keeps carpets 40 percent cleaner by repelling liquids and soil.

For more information, visit www.stainmaster.com or call 1-800-4-DUPONT. *NAPS*

How Much Do You Know About Vitamins?

You may be surprised to learn just how much, or little, you know about vitamins and nutritional supplements. One way to test your dietary supplement iQ may be to take this quick quiz from SchiffVitamins.com, a health information site:

True or False

1. There is no standard answer for what supplements a person should take.

2. Dietary supplements that contain more than 100 percent of the RDI are dangerous.

3. Dietary supplcments are not regulated.

4. You don't need dietary supplements if you eat a good diet.

Answers

1. True. Each person must make choices about his or her health priorities.

A multiple vitamin/mineral product can he a good start. After that, talk to your nutritionist, dietitian or health care provider to determine what else you may benefit from.

At www.SchiffVitamins.com visitors can take a Health Quiz, which will provide a suggested list of supplements hased on age, fitness levels and body system.

2. False. The RDI is intended to set levels of nutrient intake for healthy people to prevent deficiency diseases.

Since the safety margin for most vitamins and minerals is higher than the RDI, higher levels can be consumed to attain biological effects in many cases. At high intakes, some vitamins and minerals have protective or enhanced effects.

3. False. The Dietary Supplement Health and Education Act defines parameters for making claims ahout dietary supplements and how they affect the structure and function of the body.

4. False. Very few Americans routinely eat a good diet, as shown repeatedly by U.S. Govemment surveys. There is now evidence that optimal intake of some nutrients, such as vitamin E, is impossible even from a healthy diet.

Whether you're interested in a specific ingredient or which vitamins and dietary supplements affect a particular body system or wellness concem, SchiffVitamins.com provides you with simple, easy-to-understand information.

And for those who are seeking more in-depth information, the Web site features recent scholarly articles and studies, as well as highlights of nutrition news that's making national headlines. For more information, visit www.SchiffVitamins.com. *NAPS*

Smoke Alarms Best Safety Feature in the Home

A smoke alarm is one of the best safety features that homeowners can buy and install to protect themselves, their families and their property.

The impact of smoke alarms on fire safety and protection is dramatic-sixty percent of all fatal fires occur in homes without working smoke alarms. The benefits can be simply stated: When fire breaks out, smoke alarms, functioning as early warning systems, reduce the risk of death by giving people time to alert loved ones to the fire and to get out.

Location Of Your Smoke Alarm

Install smoke alarms on every level of your home. Many fatal fires begin late at night or in the early morning. For extra safety, install smoke alarms both inside and outside sleeping areas.

Also, smoke alarms should be installed on ceilings or walls six to eight inches below ceilings. Since smoke and many deadly gases rise, installing smoke alarms at the proper level will provide you with the earliest warning possible. Always follow the manufacturer's installation instructions.

Acquiring Your Smoke Alarm

Most hardware, home supply or general merchandise stores carry smoke alarms. If you are unsure where to buy one, call the fire department (on a non-emergency telephone number). Some fire departments offer smoke alarms for little or no cost.

Installing Your Smoke Alarm

In most cases, all you will need is a screwdriver. Many brands are self-adhesive and will automatically stick to walls or ceilings. However, be sure to follow the directions from the manufacturer because each brand is different. Call the fire department if you have problems installing a smoke alarm.

Keeping the Smoke Alarm Working

Smoke alarms are very easy to take care of:

*Replace the batteries at least once a year. Some smoke alarms now come with ten-year batteries. These alarms must be replaced as whole units, thus avoiding the need for battery replacement. If your smoke alarm starts making a "chirping" noise, replace the batteries and reset it.

*Keep alarms clean. Dust and debris can interfere with smoke alarms.

If the Alarm Sounds While Cooking

Then it's doing its job. Do not disable your smoke alarm if it goes off due to cooking or other non-fire causes. Instead, clear the air by waving a towel near the alarm, and leave the batteries in place. The alarm may have to be moved to a new location.

The United States Fire Administration, an entity of the Federal Emergency Management Agency, is considered the leader in the areas of public fire education and awareness, fire service training, fire-related technology and data collection.

For more information on fire safety topics, write to the United States Fire Administration, Public Fire Education, Building I, 16825 South Seton A venue, Emmitsburg, MD 21727, or visit www.usfa.fema.gov. *NAPS*

New Valley Child Development Center

Visitacion Valley opened its new Child and Family Development Center at 103 Tucker Ave. near Rutland Street on Oct 30. Brenda Lopez, director of children's programs at Visitacion Valley Community Center, led the grand opening festivities which featured s performance by the Panda Bears Class. Site supervisor at the new center is Nakita Chow.

A Few Tips on Extending the Life of Your Car

Did you know what a young-and old-car's fancy tums to when the weather changes? An oil change.

According to experts at the Kendall Motor Oil Technical Service Department, that means changing the oil every 90 days or 3,000 miles, whichever comes first depending on the manufacturers recommendations.

Oil Changing Tips

*First, check your car owner's manual, paying particular attention to the recommendations for extreme service.

*Always change the oil filter when changing the oil.

*Maximum oil change recommendations apply to relatively high-speed driving on paved roads in dust-free areas.

Reasons for more frequent oil changes may include:

*Stop-and-go driving (trips that are less than 10 miles),

*Driving in dust or sand,

*Cold weather operation,

*Extended high speeds,

*Idling for extended periods, and

*Frequent cold starts and short trips.

Trailer towing also may require a shorter interval between oil changes.

Some older vehicles are a quart low at the 3,000 mile mark. If the driver doesn't add a quart of oil, the engine's oil consumption will begin to accelerate. For example, if the car is not serviced until the 5,000 mile mark, it already could be 2.5 or so quarts low on oil. Many $4,000 engines have been replaced because the engine was run low on oil. In some cases, the sticker showed that the car was past due for an oil change.

One nationally recognized brand, Kendall Motor Oil, will answer your questions about changing motor oil or getting the right motor oil for your car, van or truck. E-mail your questions to Kendall Motor Oil by going to the Web site at www.kendallmotoroil.com and clicking on Tech Tips, or call the Kendall Technical Service Department at 800-368-1267. *NAPS*

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The Rev. Dr. Jerry O. Resus, Minister

Church School Classes: 9:15 a.m.
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Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehersal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

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Cantonese Spoken

Book Reviews

Food For the Soul

An interesting new "cookbook" offers some inspirational recipes to help readers cook up their own best potential and find wisdom in the ordinary things in life.

In The Cookie Never Crumbles: Inspirational Recipes for Everyday Living (St. Martin's Press, $19.95), author Wally "Famous" Amos explains how life is all about the way you look at things. If a cookie crumbles, says Amos, you don't have a broken, useless cookie, you have lots of little cookies. Amos has seen many cookies crumble and in this book he transforms his own life experiences into life-enhancing recipes for success.

"Everyone has the potential for excellence-consider me your friendly reminder," said Amos, who created Famous Amos cookies, thereby starting the gourmet cookie trend.

The inspiring stories show readers how adverse situations are often blessings in disguise. This sweet treat of a book may be savored by cookie lovers and anyone interested in finding more happiness in life.

Teenagers and Stress

Stress is a word generally reserved for adults. Yet teens face stress every day, and in different ways. Their coping skills aren't as effective or mature as an adult's, and they're often left wondering what to do about what they are feeling.

In their new book, A Taste-Berry Teen's Guide to Managing the Stress and Pressures of Life (Health Communications, Inc., $12.95), authors Bettie B. Youngs, Ph.D., Ed.D. and Jennifer Leigh Youngs get teens to talk openly about the stress and pressures they face.

The pressures of getting good grades at school, finding a part-time job, getting into a good college, meeting the needs and expectations of parents and teachers, even making and keeping friends are just some of the issues weighing heavily on teens' minds.

The book offers real answers-coping skills to help teens traverse today's stressful times. It provides valuable help for teens feeling overwhelmed with their lives, including:

*What exactly stress is and what it isn't;

*How stress shows itself in behavior and emotions; and

*Strategies for minimizing stress and staying cool under pressure.

A Taste-Berry Teen's Guide to Managing the Stress and Pressures of Life is available at bookstores, or directly from the publisher by calling (800) 441-5569 or at www.hci-online.com

Practical Magic?

Magic can help you achieve realistic goals and wishes. That's the message of a fascinating new book which offers "recipes" for success, based on the centuries-old practice of witchcraft.

Spellcraft: Practical Spells for Modern Life (Penguin Compass, $14), by Ann-Marie Gallagher, is a compendium of ancient wisdom and modern magic, divided into chapters on Career; Love; Health; Home; Family, Friends and Neighbors; and Prosperity.

By using sympathetic magic-the use of physical objects to represent magical aims-Gallagher reveals how modern-day technology, like photocopiers and e-mail, and common "ingredients" including paper clips, cotton balls, onions, rubber bands and photographs can be used to cast spells that: stop gossip; bring love into your life; banish conflict in the workplace or at school; and prevent nightmares.

With color illustrations throughout, Spellcraft is a treasure chest-full of enchanting spells and magical potions for novices and experienced practitioners alike. This 21st century guide to magic lets readers charm their way to success-at home, at school, or in love.

As an added value, Spellcraft: Practical Spells for Modern Life includes a red disk to decode hidden instructions throughout the book. It is available at bookstores or call 1-800-253-6476 to order. *NAPS*

Stage Agencies Dropping the Ball for Working People

by Senator John Burton

A couple of recent events paint a disturbing picture of how some California agencies are missing the mark when it comes to protecting California workers.

Newspaper accounts have documented unnecessary delays and other faulty investigative practices by the California Occupational Safety and Health Administration (CAL-OSHA), the state agency charged with ensuring safe conditions for California workers.

The media accounts told of deaths that weren't investigated for months and witnesses who weren't interviewed because there was no staff available who spoke Spanish.

Timely, thorough accident investigations are vital to protecting workers. If there are unsafe conditions or practices at a job site, other workers' lives are at risk unless the proper steps are taken to determine the facts, assign responsibility and make appropriate changes.

I have asked the Senate Labor and Industrial Relations Committee to hold public hearings on CAL-OSHA's practices to ensure that the agency investigates and enforces worker safety laws quickly and thoroughly, and that fines truly reflect the seriousness of violations.

I have also encouraged the director of the Department of Industrial Relations, which oversees CAL-OSHA to request from the governor confirmation that CAL-OSHA staff charged with protecting the lives and limbs of California workers are health and safety employees, and thus exempt from the state's recently enacted hiring freeze.

Having already opposed sensible, moderate increases in workers' compensation benefits for injured workers, the Department of Industrial Relations has already lost some of its credibility as a watchdog for workers. It can't afford to compound that by allowing any dereliction in the prevention or investigation of injuries.

Another disturbing sign was the action taken recently by the Industrial Welfare Commission (IWC) when it slipped language into previously passed wage regulations to change the requirements preventing salaried workers froro being put on unpaid furloughs, essentially changing what it means to be a salaried employee.

An opinion from the Legislative Counsel of California states that prior to making the kind of change they made the IWC must first conduct an investigation, appoint a wage board, hold public hearings and vote the proposed action.

What they did instead was rewrite state law, which last time I checked is the purview of the duly elected Legislature and not a handful of political appointees. Changes in how salaried workers are compensated must be done by statute, not by illegally manipulating language adopted more than a year ago. The IWC should save the state the time and expense of a lawsuit and reverse this underhanded action.

IWC members who voted to exceed their authority, end-run the Legislature and violate the law need to be held accountable – and I can guarantee the Senate Rules Committee will make this an issue in terms of confirmation hearings. And if the IWC is going to abdicate its responsibility to protect California workers, then I see no reason why the Legislature would continue to fund them in this time of budget belt-tightening.

I have called on the IWC to hold a new meeting to rescind their illegal action. I'll keep you posted on what happens with this and also with the CAL-OSHA hearings..

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HOLIDAY RECIPIES

Tantalizing Truth About Tomatoes

While taste, convenience and value may not grow on trees, they may grow on vines-tomato vines.

"Specialty canned tomatoes are the answer for busy cooks who are looking for quick easy ways to prepare a wide varlety of delicious, nutritious meals," says Melanie Greer of Hunt's.

Greer's company, long considered "the Tomato ExpertÖ," has recently introduced four new products that can make preparing meals with tomatoes easier. The products: Hunt's Diced Tomatoes with Balsamic Vinegar, Basil and Olive Oil-tangy and robust, especially for salads or with pasta-Hunt's Petite Diced Tomatoes-extra small, good for toppings-Diced Tomatoes with Sweet Onions-mild and sweet-and Hunt's Diced Tomatoes in Sauce, can all be used in a variety of ways to add color, flavor and nutrition to family meals.

In addition, tomatoes are good sources of vitamins A and B-complex, are low in fat and cholesterol and are nature's most abundant source of the antioxidant lycopene. Tomatoes are versatile and they keep their nutritional value and great flavor when they are processed. That means easy-to-prepare, canned tomato products can be invaluable to cooks.

Try this recipe for delicious antipasto style pasta:

Antipasto Style Pasta

2 cups pepperoni, sliced and quartered*; 1 can (14.5 oz.) Hunt's Diced Tomatoes with Balsamic Vinegar, Basil and Olive Oil; 1-1/2 cups each: finely chopped green bell pepper and shredded mozzarella cheese; 1 can (2.25 oz.) sliced ripe olives, drained; 2 garlic cloves, minced; salt and ground black pepper, to taste; 1 pound rotini pasta; ½ cup chopped fresh mint (optional); *2 cups of cooked and cubed meat or fish; (i.e. ham, chicken and tuna), may be substituted for the pepperoni.

Combine and Mix pepperoni, tomatoes, green pepper, cheese, olives, garlic, salt and pepper in a large serving bowl: set aside.

Cook pasta according to package directions; drain. Do not rinse.

Add hot pasta and mint, if desired, to tomato mixture in bowl; toss to coat. Serve immediately.

Preparation Time: 5 minutes; Cooking Time: 12 minutes; Makes 6 to 8 servings.

Cherry Good Holidays

The holidays are a fun time to celebrate with family and friends. Of course, food is always a big part of holiday celebrations. Maraschino cherries with their bright red color are a festive addition to holiday cookies, desserts and drinks.

One festive idea is to let the kids in the family help make chocolate-covered cherries. Just melt semisweet or white chocolate chips. Dip maraschino cherries with stems in the melted chocolate, then set them on waxed paper. Refrigerate until set.

Stock up on maraschino cherries during the holidays to decorate cookies-these can be colorful gifts as well as tasty party fare. Cherries are a fun garnish for holiday platters. Combine them with sprigs of mint and slices of oranges or lemons. In addition, no holiday drink is complete without at least one maraschino cherry.

You can easily turn that perennial holiday favorite-eggnog-into a special treat by adding maraschino cherries. Here's how: Use prepared eggnog (available at supermarkets during the holiday season). Drain a jar of maraschino cherries, reserving the juice. Put cherries in ice cube trays (one in each compartment) then fill the trays with about one cup of eggnog. Freeze until solid. Meanwhile, stir reserved cherry juice into one quart eggnog; refrigerate until ready to use. When serving, place eggnog ice cubes in glasses, then fill with cherry-flavored eggnog.

You will get rave reviews from family and friends when you prepare Holiday Coffee Cake. It's an easy-to-prepare treat that is ideal for holiday brunch or a special breakfast. Maraschino cherries add a pink hue to the filling and are the perfect decoration on top. Keep the ingredients on hand so you can prepare this recipe more than once during the holiday season.

Holiday Coffee Cake

1 (10-ounce) jar maraschino cherries; 1 (8-ounce) package cream cheese, softened; ½ cup slivered almonds; ½ cup granulated sugar; ½ teaspoon almond extract; 2 (8-ounce) packages crescent rolls; ½ cup confectioners' sugar; 1 to 2 teaspoons milk; 1/4 teaspoon almond extract.

Drain maraschino cherries; discard juice or save for another use. Reserve 10 maraschino cherries for garnish; chop remaining cherries. Combine chopped cherries, cream cheese, almonds, sugar, and almond extract; mix well.

Separate each can of crescent roll dough into 2 rectangles; press firmly at edges and perforations to make one large rectangle. Roll or pat into a rectangle about 15x13 inches.

Spread cream cheese mixture over dough. Roll up dough starting at long side of rectangle. Place seam-side down on greased baking sheet. Form into a ring, firmly pressing ends together. With scissors or a sharp knife, cut almost through ring at 1-inch intervals. Turn each section slightly on its side.

Bake in a preheated 350-degree oven 20 to 25 minutes or until golden brown. If necessary, cover with foil during last 5 minutes to prevent over browning. Carefully remove from pan to wire rack.

Combine confectioners' sugar, milk and almond extract to make a glaze. Drizzle over coffee cake. Garnish with reserved whole cherries. Refrigerate leftovers.

Makes about 15 servings.

For more taste-tempting maraschino cherry recipes, send a post card with your name, address and ZIP code to Cherry Marketing Institute, P.O. Box 30285, Dept. M, Lansing, MI 48909-7785.

A Sweet Conclusion

Who doesn't wait anxiously for dessert-that traditionally sweet conclusion to a great meal?

Whether the treats are shared at seasonal family gatherings or used to satisfy the midnight munchies, desserts should be as much fun to make as they are to eat. That can mean giving a new twist to traditional recipes.

Reddi-wip«, the leading real whipped cream in an aerosol can, offers a bit of fun as it makes its debut as an ingredient in these two tasty treats-White Chocolate Cheesecake and Chocolate Pie.

White Chocolate Cheesecake

Preparation time: 5 minutes; Chill time: 8 hours or longer

1 cup white chocolate chips; 8 oz. cream cheese; 1/4 cup sour cream; 1 can (7 oz.) Reddi-wip Original; 1 (9-inch) prepared graham cracker crust; additional Reddi-wip, if desired.

Melt white chocolate chips and cream cheese by microwaving on high power for 15-second intervals, stirring after each interval until smooth. Cool slightly. Gently fold sour cream and Reddi-wip into cream cheese mixture. Pour into pie shell and refrigerate for at least eight hours before serving. Top with additional Reddi-wip, if desired. Makes 8 servings.

Chocolate Pie

Preparation Time: 5 minutes; Chill Time: 8 hours or longer

1 package (5.9 oz.) instant chocolate pudding and pie filling; 1 can (7 oz.) Reddi-wip Original; 2 cans (5 oz.) evaporated milk; 1 (9-inch) prepared graham cracker crust; additional Reddi-wip, if desired.

Stir pudding and evaporated milk with wire whisk until pudding is dissolved and mixture begins to thicken. Empty entire can of Reddi-wip into pudding mixture. Fold in until completely blended. Pour pudding mixture into pie shell. Refrigerate for at least eight hours before serving. Garnish with additional Reddi-wip, if desired. Makes 8 servings.

Enjoy other easy and delicious recipes, plus receive a 35-cent coupon toward the purchase of a can of Reddi-wip real whipped cream, in the Shake Up Your Recipes booklet from Reddi-wip. For a free copy, send a stamped, self-addressed #10 business-sized envelope to: Shake Up Your Recipes Cookbook Offer, P.O. Box 5524, Dept. P, Riverton, NJ 08077-0806. Allow six to eight weeks for delivery. Also, visit www.reddi-wip.com for more recipe ideas. *NAPS*

How to Assemble an Effective First Aid Kit

Accidents can happen to anyone almost anywhere. It is important that every home, and especially those with children, have a first aid kit on hand in case of accidental injuries.

"Appropriate members of the household should know where the kit is stored and how to use each item," said Greg Walker, MD, of the American College of Emergency Physicians. "The 'how to' part is critical-buy a first aid manual and read it thoroughly. The items in the kit will be of little use unless you know how to use them."

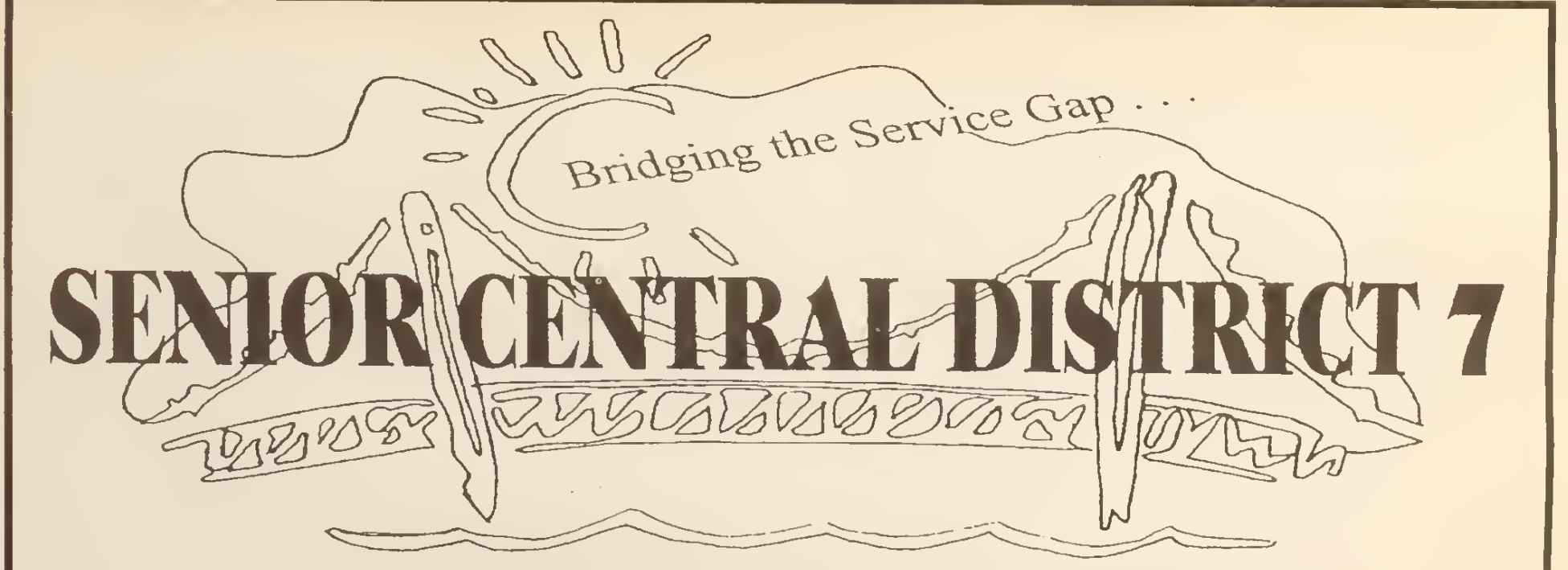
The American College of Emergency Physicians recommends including the following items in your Home First Aid Kit, all of which are available from your local pharmacy. For the kit itself, ACEP suggests choosing a container that is clean, roomy, durable, easy to carry and simple to open-for instance, a tote bag. Medicines should be stored in their proper containers and properly marked with dosage and instructions on how and when to take them.

The kit should also include a list of the contents it contains. In addition, keep in the kit emergency phone numbers for the family physician and pediatrician, and the regional Poison Control Center. If 911 is not available, include phone numbers for emergency services such as the local police, fire department and ambulance service. Also, if family members have life-threatening allergies to food, medications or bee stings, include a list of allergies for each family member, as well as medications used by each person.

"Remember to store first aid kits in places that children can not reach, but that are easily accessible for adult family members," said Dr. Walker. "Also, check the kit regularly to replace missing items and make sure that the items haven't passed their expiration dates."

ACEP also recommends taking a first-aid class, learning CPR and always seeking immediate medical attention when you need it.

For a complete list of recommended items for a Home First Aid Kit, visit ACEP's Web site at www.acep.org. *NAPS*



SENIOR CENTRAL DISTRICT 7

PORTOLA / VISITACION VALLEY / EXCELSIOR
66 RAYMOND AVENUE, SAN FRANCISCO, CA 94134
(415) 330-1789 (415) 330-8559 - FAX

If you know or need any assistance of the following services: Housing, Transportation, Translation and Form Aid, Food/Nutrition, Mental Health, Elderly Abuse, Disabilities, Legal Aid, In-Home Support Service, Health Services, Hearing, Financial Assistance, Home-Delivered Meals, and Social Services, please call us so we can help you.

Kaiser Permanente and Senior Centeral District 7 sponsor the following:

Long Term Care Local Services for the Frail, Elderly and Planning Ahead,
Presented by: Sally Burke Wingard, Long-Term Care Manager, and Janert Liu, LCSW Kaiser Hospital
Wednesday December 12, 2001 11 a.m. -12 noon, 66 Raymond Ave., San Francisco, CA 94134
for additional information please call: Senior Central District #7 at (415) 330-1789

Senior Central District #7 has applications for Rebuilding Together (Formerly Christmas in April), as well as Homeowner and Renter Assistance Applications.

Senior Central District #7 is a Volunteer Site. For more information please call (415) 330-1789
We are located at 50 Raymond Ave. between Bayshore Boulevard and Alpha Street

Grapevine Puzzler — San Bernardino County

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Victorville
Wrightwood
Yermo
Yucaipa
Yucca
Valley

Historic Proportions

Match clues to answers.

1943

1. Dedicated in Washington, DC on Apr. 13.
2. German forces surrendered city on Jan. 31.
3. U.S. Army seized this industry on Dec. 27.
4. World Series champions on Oct. 11.
5. Italy declared war on former ally on Oct. 13.
6. Ousted as head of Italian government on July 25.
7. Rationing of these in U.S. began on Mar. 1.
8. First of these appeared during U.S. war rationing.
9. Japanese forces lost control of American island on May 30..
10. He took control of German war efforts on Sept. 2
11. NFL champions on Dec. 26.
12. Earthquake here killed 1,800 on Nov. 26.
13. Appointed Dec. 24 to lead European invasions.
14. U.S. Marines landed here on Nov 20.
15. Federal troops arrived here June 22 to stop race riots.
16. He became leader of Yugoslavia on Nov. 29.
17. Allied forces began invasion here on July 10.
18. *Best Picture* at Academy Awards on Mar. 4.

A. Tarawa
B. Shoes
C. Marshal Tito
D. Detroit
E. Stalingrad
F. Germany
G. Railroads
H. Jefferson Memorial
I. Benito Mussolini
J. Gen. Dwight D. Eisenhower
K. Turkey
L. Mrs. Miniver
M. New York Yankees
N. Sicily
O. Coupon books
P. Chicago Bears
Q. Albert Speer
R. Attu.

Answers: 1-H; 2-E; 3-G; 4-M; 5-F; 6-I; 7-B; 8-O; 9-R; 10-Q; 11-P; 12-K; 13-J; 14-A; 15-D; 16-C; 17-N; 18-L

Five Years Ago In the Grapevine

DECEMBER 1996

*Neighborhood residents were encouraged to participate in a *Visitacion Valley Collaborative Christmas Food Drive* in December at the Community Center.

*Visitacion Valley Task Force members voted on Nov. 23 to approve use of seven geographic sub-areas to represent the neighborhood.

Sez Who?

Match quotes to speakers

1. "Never bear more than one trouble at a time. Some people bear three kinds – all they have had, all they have now, and all they expect to have."
2. "Logical consequences are the scarecrows of fools and the beacons of wise men."
3. "Never does the human soul appear so strong as when it forgoes revenge, and dares forgive an injury."
4. "Happiness is a butterfly, which when pursued is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you."
5. "It is the addition of strangeness to beauty that constitutes the romantic character in art."
6. "Writing is easy. All you do is stare at a blank sheet of paper until drops of blood form on your forehead."
7. "The humblest citizen of all the land, when clad in the armor of a righteous cause, is stronger than all the hosts of error."
8. "It took me 15 years to discover that I had no talent for writing, but I couldn't give it up because by that time I was too famous."
9. "Few things help an individual more than to place responsibility upon him, and to let him know that you trust him."

A. E.H. Chapin
B. William Jennings Bryan
C. Booker T. Washington
D. Robert Benchley
E. Edward Everett Hale
F. Walter Pater
G. Thomas Henry Huxley
H. Gene Fowler
I. Nathaniel Hawthorne

Answers: 1-E; 2-G; 3-A; 4-I; 5-F; 6-H; 7-B; 8-D; 9-C

Sump, the Grump

Consumers Against Credit Card and Identity Theft

by Diane Terry, Director, Fraud Victim Assistance Department, TransUnion LLC

Battling credit fraud and identity theft is an issue for everyone, at every income level. If you don't believe it, just ask Oprah Winfrey or Microsoft co-founder Paul Allen.

They are among 217 celebrities whose credit-account information was allegedly stolen by Abraham Abdallah, a high school dropout, arrested in March in New York. Abdallah's case is notable because of the boldness of his alleged thefts and prominence of his supposed victims. But, you don't have to be famous to fall prey to this level of fraud.

To combat the problem, Chicago-based TransUnion LLC, a leading provider of credit and financial data, developed the first Fraud Victim Assistance Department, which helps consumers and companies identify, reduce and resolve credit fraud.

Consumers can also become a first line of defense against fraud by doing the following:

Prevention Tips

*Cut, shred, or destroy unused pre-approved credit offers.

*Secure your mailbox to prevent stolen mail.

*If your mail has been tampered with, or stolen, contact postal authorities.

*Avoid carrying your social security card, birth certificate or passport.

*Store a list of your credit and bank accounts in a locked box.

*Don't give out personal information over the phone.

*Don't have your social security or driver's license number printed on your checks.

*Order your credit report at least once a year to ensure accuracy, by calling TransUnion at 1-800-888-4213.

If your identity is stolen

*Keep accurate records. At the first sign of fraud, begin a log of dates and time spent solving this problem.

*Inform all creditors on your credit report. Alert all credit-card companies, stores, and other credit grantors about the fraud. Have the inaccurate information removed.

*Call and write all law-enforcement authorities. Report fraud to the local police, the U.S. Secret Service, the FBI (if a bank is involved), and the U.S. Postal Inspector.

*Call TransUnion's Fraud unit at 1-800-680-7289 or visit www.transunion.com.

Theft of identity and credit information has been around since the invention of money. Technological advances such as e-mail, computer-based and online financial services, wireless communications and electronic fund transfers have emerged in the last 20 years, increasing the opportunities for fraud. Using caution and applying the above tips is your best defense in protecting both personal and financial data from prying eyes and sticky fingers. *NAPS*

How to Eliminate That Unsightly Mildew

In certain weather conditions, your home could be a breeding ground for mildew-an unsightly airborne fungus that thrives in damp areas.

Mold and mildew are various forms of fungus that can settle on any surface and, under the right conditions, grow or colonize on that surface. Mildew can cause discoloration and, if left untreated, may even deteriorate certain building materials.

Mildew is part of the environment in which we live. Mildew spores, which are similar to seeds, are microscopic and therefore difficult to detect until the spores colonize. The spores are transported easily by air currents, insects, animals and water. They will thrive when they have food, moisture, air (oxygen), and temperatures between 40 and 90 degrees Fahrenheit. It is impossible to totally control these four elements in an outdoor environment.

If you have a wood deck or wood siding on your home, you should know that it can be costly to repair wood surfaces affected by mildew that are left untreated for extended periods. Therefore, it's important to take early measures to remove fungal growth. By properly cleaning, treating and coating your wood surfaces, you will protect your real estate investment with periodic maintenance.

Spotting a Mildew Problem

In early stages, mildew is often transparent. When it is visible, you will see a black, brown or sometimes whitish fungal growth. Outside the home, mildew forms most often on areas that tend to be damp, and receive little or no direct sunlight (walls with a northerly exposure and the underside of eaves are particularly vulnerable). In addition, horizontal surfaces such as decks may become catch-alls for airborne mildew spores. Decks are also susceptible to collect water and the pollen, dirt, tree sap, mulch, fertilizer etc. that mildew uses as food sources.

To test for mildew, apply a few drops of fresh household bleach to the discolored area; if the area lightens, the discoloration is probably mildew. If it does not lighten, the discoloration is likely dirt or another contaminant, or the mildew is under the coating.

Mildew Removal

*Clean surface: Prior to coating, clean the wood with a solution of one part household bleach to three parts water and a small amount of non-ammoniated, low-sudsing detergent (not more than 1/3 cup detergent in a gallon of solution).

*Scrub thoroughly with a brush or power washer for large areas.

*Condition and protect surface: Make sure to rinse all surfaces thoroughly with clean water to ensure all chemicals, dirt and mildew are washed away. Allow the surfaces to dry thoroughly.

*If mildew was present on the original surface or in previous coats, and a new finish coat is applied, the mildew will grow through the coating. At this point all coatings must be removed down to the original substrate and then cleaned as described above before a new coat is applied. To do this, use an appropriate finish remover to cut through the existing coatings.

*Always follow bleaching solutions and finish removers with a wood cleaner designed to brighten, condition and enhance the wood's appearance.

To help protect your wood against further weathering and fungal problems, select only top quality paints, stains and finishes that contain a mildewcide and ultraviolet protection.

Long-Term Mildew Prevention

The best way to minimize mildew long-term is to keep your deck/siding clean. To help reduce your mildew problem, follow these tips.

*Direct water away from structures by maintaining roofs, rain gutters and grading, which will control dampness.

*Improve air circulation by cutting back trees and shrubs to several feet away from structures.

*Eliminate water contact with wood structures and minimize waste by repairing and adjusting sprinklers to control the amount and direction of water flow.

*Control excess moisture year-round by installing moisture vapor barriers under decks and other structures, and in walls where required. For interiors, install attic ventilation, bathroom and kitchen exhaust fans.

When using chemical products or machinery like power washers, always follow manufacturers' directions, use appropriate eye, skin and apparel protection, and protect pets and plants from all solutions.

So remember, by cleaning and recoating as necessary, you will avoid costly repairs, protecting your real estate investment for years to come. *NAPS*

Zinc a Great Resource

Zinc coatings lengthen the life of steel by protecting the steel from corrosion. This benefit alone provides a huge conservation of natural resources by reducing the need for raw materials and energy to produce new steel.

The recycling of zinc-coated steel adds to this conservation because energy requirements for remelting steel and recovering the zinc are less than those required for producing the original metals. Steel and zinc both meet the objectives of an environmentally-conscious society in search of sustainable materials.

Zinc is completely recyclable without any loss of its physical or chemical properties. Due to the long life span of zinc products, much of the zinc produced in the past is still in use, constituting a valuable and sustainable source of zinc for future generations. *NAPS*

As a Matter of Fact

*The safety pin was invented by Walter Hunt of New York City in 1849. He sold his patent rights for $100.

*The expression "all that glitters is not gold" is a misquotation. Shakespeare wrote "all that glisters is not gold."

*In England, bobby pins are known as Kirby grips and rubber gribs are known as Wellingtons.

*The first cuckoo clock was built by Franz Anton Ketterer in Germany in 1740.

*William Shakespeare had no known living descendants.

*Flights in gliders commonly range from one to five hours in length.

*The Louvre in Paris opened as a museum in 1743.

*In parts of rural England it was once believed by some that after the mulberry tree had sprouted its leaves, there would not be another frost that year.

*From 1793 to 1857, the U.S. issued a half-cent piece.

*The bat is the only mammal that can fly.

*In parts of England, it was once believed that passing a child through the branches of a maple tree insured long life for the child.

*The coin called the Spanish doubloon was worth about 16 silver dollars. It was commonly used in the Americas up until te 1800s. The name comes from the Latin word meaning double.

*The Bering Sea (and Bering Strait) are named for Vitus Bering, a Danish Navigator employed by Czar Peter the Great to determine if Asia and North America were connected.

*The heaviest rainfall ever recorded for a 24-hour period occurred on the tropical island of Reunion in the Indian Ocean. The town of Cilaos received 74 inches of rain on Mar. 15-16 in 1952.

*No one knows where Mozart is buried.

*The American lobster can move through the water at a rate of 25 feet per second.

*Greyhounds have the best eyesight of any breed of dog.

*Some Pennsylvania farmers once believed they had to walk around a garden fence three times before 9 a.m. on St. Patrick's Day to keep moles out.

*The first patent awarded in the North American colonies was awarded in 1841 by Massachusetts for a method of extracting salt.

*The U.S. Treasury reports about $500 billion in currency in circulation.

*The music term *a capella* comes from the Italian, meaning "from the chapel."

Wild California Rice Is Great Anytime

Today, entertaining at home doesn't have to create a lot of stress. The secret is to plan ahead and prepare dressings and side dishes like the following in advance. For example, you can cook California-grown wild rice several days ahead, cover it tightly, refrigerate and then pull it out when you're ready to complete the recipe. Be sure to cook a double batch so you'll have a base for a salad, soup or second side dish long after the guests have gone. A cup of uncooked California wild rice presented in a burlap bag, tied with a festive bow would be a special gift at each place setting.

For more recipes featuring wild rice from California send a SASE to California Wild Rice Advisory Board, 355 Teegarden Ave., Yuba City, CA 95991 or log on to the Web site at www.cawildrice.org.

Wild Rice and Dried Fruit Pilaf

2 cups chicken broth; 1 cup California wild rice, rinsed; 1 tablespoon butter; 1 onion, sliced in thin wedges; 2 teaspoons firmly packed brown sugar; 1/4 cup golden raisins; 1/4 cup dried cranberries or cherries; 1/4 cup chopped, dried apricots; 1 teaspoon grated orange zest; juice from 1 orange; 1/4 teaspoon pepper; 2 tablespoons chopped parsley.

Combine chicken broth and wild rice in medium saucepan; bring to a boil. Reduce heat, cover and simmer 40 minutes or until almost tender.

In small saucepan, melt butter over low heat; stir in onion and brown sugar. Cook 10 minutes, stirring occasionally, until onion is tender and lightly browned.

Add cooked onions, raisins, cranberries, apricots, orange zest, orange juice and pepper to rice mixture. Cover and simmer 10 minutes or until rice is tender and grains have puffed open. Stir in parsley. Makes 6 servings. *NAPS*

Visitacion Valley Police Log

*Oct. 5: 10:30 a.m., 200 block of Brookdale Ave., grand theft from locked auto.

*Oct. 5: 2:27 p.m., 1200 block of Girard St., aggravated assault with bodily force.

*Oct. 7: 6:30 a.m., 000 block of Tioga St., attempted robbery on street with bodily force.

*Oct. 8: 12:30 p.m., 100 block of Loehr St., burglary of apartment house, forcible entry.

*Oct. 9: 4:30 a.m., 300 block of Leland Ave., burglary, forcible entry.

*Oct. 9: 8 a.m., 300 block of Velasco Ave., burglary of apartment house, unlawful entry.

*Oct. 9: 7:45 p.m., Sunnydale Ave. & Sawyer St., robbery on street, strong-arm.

*Oct. 12: 9:45 a.m., 300 block of Sawyer St., burglary of residence, forcible entry.

*Oct. 12: 8:50 p.m., Blythdale & Brookdale Aves., aggravated assault with bodily force.

*Oct. 16: 1 p.m., 400 block of Leland Ave., burglary of residence, forcible entry.

*Oct. 18: 7:45 a.m., 100 block of Britton St., burglary of apartment, forcible entry.

*Oct. 18: 8:20 p.m., 1100 block of Visitacion Ave., robbery on street, strong-arm.

*Oct. 19: 11:45 p.m., 2100 block of Geneva Ave., robbery, armed with gun.

*Oct. 20: 2 a.m., 000 block of Kelloch Ave., grand theft from locked auto.

*Oct. 20: 6:20 p.m., 100 block of Blythdale Ave., burglary of residence, forcible entry.

*Oct. 22: 6:20 p.m., 1800 block of Sunnydale Ave., aggravated assault with bodily force.

*Oct. 24: 8:25 a.m., 200 block of Brookdale Ave., burglary of residence, unlawful entry.

*Oct. 26: 2:30 p.m., 400 block of Raymond Ave., robbery, bodily force.

*Oct. 27: 8:35 p.m., 1900 block of Sunnydale Ave., burglary of residence, forcible entry.

*Oct. 28: 8 p.m., 300 block of Velasco Ave., grand theft from locked auto.

*Oct. 29: 7 a.m., 300 block of Leland Ave., burglary, forcible entry.

*Oct. 30: 10:45 p.m., Geneva Ave. & Santos St., robbery, armed with gun.

*Oct. 31: 12:30 p.m., 000 block of Burr Ave., burglary of residence, forcible entry.

*Oct. 31: 6:20 p.m., Velasco Ave., & Santos St., grand theft, purse snatch.

Halloween Fun at Family School

A great time was had by all on Halloween at Visitacion Valley Family School. Kids went "trick-or-treating" in the neighborhood dressed in costumes reflecting the diversity of the neighborhood. Faces were painted, costumes and masks were made, and songs were sung.

Saturdays are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with $3 per person workshop fee. Call 554-9600 for further information.

*Dec. 1: *Bird Treats*: Create a festive seed-covered ornament. Hang it outside and enjoy the show as birds flock to nibble the nourishing mixture of seed.

*Dec. 8: *Beautiful Boxes*: Make your own origami box and decorate it with colorful stencils.

*Dec. 15: *Holiday Gift Paper:* Design your own wrapping paper using decorative printing techniques on recycled paper for all your special gifts.

*Dec. 22: *Space Mobiles:* Visit the *Starlab*, then make moving mobiles of planets, stars and rockets.

*Dec. 29: *Ocean Diorama:* Paper sharks, whales and real objects from the beach will be used to create your very own 3-D ocean-in-a-box..

Other regular Saturday activities include:

*Golden Gate Model Railroad Exhibit from 11 a.m. to 4 p.m.

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

Tips on Mierowaving

Following are tips from the G-P Health Smart Institute to assist in safely utilizing the microwave's potential.

*Enjoy bacon with less fat by placing the bacon strips between two paper towels that will absorb grease and fat as it crisps.

*Microwaves cook from the outside in toward the center. Place the largest or thickest objects on the outer edge of the plate for even cooking.

*For perfect burritos, wrap the soft tortillas in a moist, white paper towel, such as Sparkle, and microwave on high for a few seconds to warm and soften.

Apples are Health Food with Flavor

Take an apple a day for your health.

Today, that ancient wisdom makes more sense than ever-and what tastier way is there to keep the doctor away than by eating plenty of apples?

Science is discovering more and more health benefits of apples. European researchers found that people who consumed two or three apples a day for extensive periods significantly lowered their blood cholesterol levels. A soluble fiber called pectin helps the process, but the researchers think apples contain some other ingredient that provides an extra boost.

Apples are also rich in heart-protecting antioxidants, especially one called quercetin. Studies in Finland and Holland have shown that those whose diets included lots of apples had less risk of cardiovascular disease than those who ate lesser amounts.

Apples offer a feast of flavors, and one state grows more varieties of apple than any other: Michigan. Each Michigan apple variety has its own unique taste.

A new variety, Honeycrisp, is firm and crunchy and delivers a sweetly mellow flavor. Other varieties on the sweet side are old favorites Red Delicious and Golden Delicious and newer favorites Ginger Gold, Gala and Fuji. Gala gives a suggestion of tartness to overlay its sweetness. Others combining contrasting flavors are Jonagold, a cross between the rather tart Jonathan and Golden Delicious; and Empire, whose parents are the aromatically nippy McIntosh and Red Delicious.

Each variety is a collection of subtle taste delights. Try each of them (and don't forget Ida Red, Rome and Northern Spy in your search for favorites). Michigan also grows apples for use in a variety of forms, from crunchy fresh to applesauce, apple juice, apple pie fillings and frozen pies.

Michigan's apple growers wish you good health!

Apple Berry Smoothie

(fat free, cholesterol free, low sodium) 1 can (21 oz.) Michigan Apple pie filling; 1 cup sliced fresh strawberries; ½ cup fresh or frozen blueberries; 1 cup fat-free plain yogurt; 2 tablespoons sugar; 2 teaspoons vanilla; 1 cup ice cubes.

Place ½ of first 6 ingredients in electric blender. Blend about 45 seconds or until smooth. Add 1/2 of ice and blend about 15 seconds or until smooth. Pour into glasses. Repeat method with remaining ingredients. Serve immediately. Makes 5 servings. *NAPS*

Children Services Fund Vendor Voueher Program

The Children's Services Fund of the San Francisco Vendor Voucher Program is a collaborative between Wu Yee Children's Services, Children's Council of San Francisco, and Whitney Young Child Development Center assisting San Francisco low-to-moderate income families in paying for licensed childcare for children ages 0-13 years old.

The program serves single parent families who are working or who have been offered employment, and two-parent families, of which either parent is working and/or offered employment, and the other parent is working, or enrolled in school or job training. Through the program, parents are free to choose any licensed child care provider, as well as receive child care counseling and choosing child care information.

Registration is ongoing and enrollment is based on availability of open slots. For information and application forms, contact:

*Wu Yee Children's Services, 888 Clay St, Lower Level, San Francisco, CA 94108; (415) 391-8993.

*Children's Council of San Francisco. 445 Church St., San Francisco, CA 94102; (415) 276-2900.

*Whitney Young Child Development Center, 100 Whitney Young Circle, San Francisco, CA 94124; (415) 821-7550.

Senior Bingo

12:30 p.m. Every Tuesday, at Visitacion Valley Senior Center, 66 Raymond Ave. Come Join the Fun!!

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture, writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any matenals.

BEEN THERE...DONE THAT! The Visitacion Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work--Job Readiness Training." Classes are conducted by sensitive community trainers from Visitacion Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

GRAPEVINE 15TH ANNIVERSARY ISSUE featuring a 10-page history of Visitacion Valley is still available in limited amount. Contact the Grapevine at 467-9300. By mail, single copies are $1 each. Send to: Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

GRAPEVINE DISPLAY ADVERTISING now half off regular rates for a limited time. Full Page: $75, 1/2 Page $40; 1/4 Page $22.50; 1/8 Page $12.50; 1/12 Page $7.50. Discount for three or more insertions. Call (415) 467-9300 for more details *Want Ads:* 20 words for $1. Extra line 50 cents. Ad and payment should be received by 20th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

December 2001

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San Francisco City Meetings

Aging 1st Wed 9:30a; Airport 1st/3rd Tu 3p; Arts 1st Mon 3p; Educaton 2 nd/4th Tu 7p; Health 1st/3rd Tu 3p; Housing Auth. 2nd/4th Th 4p; Human Rights 1st/3rd Th 4:30p; Library 1st Tu 5:30p; Planning Th 1:30p; Police Wed 5:30p; Port 1st Tu/3rd Wed 4:30p; Public Utilities 2nd/4th Tu 2p; Rec & Park 3rd Th 2p; Social Services 4th Th 9a; Status Women 4th Th 4p; Supervisors Mon 2p.

Visitacion Valley Community Center

Mondays: Senior Shopping 11:30 a.m.; **Tuesdays:** Senior Ceramics 9:30 a.m.-4 p.m.; Senior Bingo 12:30 p.m.; **Thursdays:** Sewing Class 9 a.m.-3 p.m. **VVCC Regular Board Meeting**, held the 4th Thursday of each month at 5 p.m. (No meeting in December; 2nd Saturday of May 2002).

San Francisco City Services

ABANDONED CARS	781-JUNK
ANIMAL CONTROL	554-6364
BUS SHELTER DAMAGE	882-4949
CITY TREES (trimming)	695-2162
CRIME-STOPPERS (anonymous)	1-800-2GIVEINFO
DOMESTIC/FAMILY VIOLENCE	864-4722
DPW	(days) 695-2017; (nights/weekends) 895-2020
EMERGENCY SERVICES	9-1-1
EMERGENCY SERVICES (cell-phone)	553-8090
GARBAGE SERVICE COMPLAINTS	255-3610
GRAFFITI CLEANUP (DPW)	241-WASH
GRAFFITI SUSPECT INFO	553-1603
INGLESIDE STATION (Anonymous 333-3433)	553-1603
LELAND AVENUE RESOURCE CENTER	585-2675
MAYOR'S OFFICE	554-7111
MAYOR'S NEIGHBORHOOD SERVICES	554-6110
NARCOTICS TIP LINE (anonymous)	1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT)	553-1200
POLICE (non-emergency)	553-0123
POTHOLE REPAIR	695-2100
SAFE (neighborhood watch groups)	673-SAFE
STREET LIGHTING CITY (out of order)	554-0730
STREET LIGHTING PG&E (wood poles)	693-3201
SUNNYDALE RESOURCE CENTER	586-7572
TRAFFIC SIGNALS (out of order)	550-2736
TRAFFIC ENGINEERING	554-2300
VVMS ANNONYMOUS HOTLINE	281-8406

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

AQUARIUMS
ASIAN OISCUS AOUARIUM, 130 Leland Ave., 333-0772

AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE OUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS
ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BACO, 224 Leland Ave., 657-3156

BLIND CLEANING
SPEEOY ULTRASONIC BLINO CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382

CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451, Cell 722-8500

CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

CLOTHING
SPONA, 9 Leland Ave., 239-9631

COFFEE HOUSE
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309

DAY CARE
CAROUSEL OAY CARE, 261 Hahn St, 469-5353

DENTIST
VISITACION VALLEY OENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS
GENEVA VALLEY OEVELOPMENT CORP., 333 Schwenn St., 587-7895

ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657

FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

GARDEN ORNAMENTS
SILVESTRI GAROEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

GROCERS
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
SARI-SARI FOOO STORE, 58 Leland Ave., 239-0580
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDOY'S MARKET, 298 Teddy Ave.
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520

HERBS
KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751
SAN ON HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE
ROBERT LEHMAN, CLTC, CMFC, 333-0850

KITCHEN CABINETS
LEE CHANG INTERNATIONAL, INC., 25 Leland Ave., 333-2730, fax 333-1706

LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNORY, 186 Leland Ave.
FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418
LELANO AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNORY, 90 Leland Ave.
VISITACION VALLEY LAUNORY, 108 Leland Ave., 239-9030

LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

LODGING
THRIFTLODGE, 2011 Bayshore Blvd., 467-8811

MANUFACTURER
NATIONWIOE PAPER, 345 Schwerin St., 586-9160

MEDICAL
AMERICAN REO CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEOICAL CLINIC (Dept. of Public Health), 333 Schwerin St., Appointments: 715-0310
OR. SAM HO, MO, 9 Silliman St. No. 4, 337-6135
NORTH EAST MEOICAL SERVICES, LELANO AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Oivyang Patel) 2858 San Bruno Ave 467-7500

NOTARY
ROYAL PACIFIC MORTGAGE & REALTY, 46 Leland Ave., 333-4900

ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACAOEMY, 2050 Sunnydale Ave., 333 Schwerin St., 584-4044
JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233
LELANO HOUSE, 141 Leland Ave., 405-2000
SENIOR CENTRAL OISTRICT 7, 66 Raymond Ave., 330-1789
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777

REAL ESTATE
CAMERON-JONES, INC. (Cathy Kline-Saunders), 334-0800

RESTAURANTS
CLIFF'S BARBECUE, 2177 Bayshore Blvd. 330-0736
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
HONG YUN RESTAURANT, 73 Leland Ave., 469-5686
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOO, 107 Leland Ave., 239-5141
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433

SELF-DEVELOPMENT
OYNAMIC OEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

SERVICE PROVIDERS
THE VILLAGE, 333 Schwerin St., 239-5045
VISITACION VALLEY BILINGUAL EOUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400
VISITACION VALLEY JOBS, EOUCATION AND TRAINING (VVJET), 333 Schwerin St., 239-2866

SHOE REPAIR
ARMANOO'S SHOE REPAIR (Armando Rosignuolo), 156A Leland Ave., 239-7216

SIGNS
SMITH'S SIGNS, 153 Leland Ave., 333-2700

TAVERN
THE CLUB HOUSE, 25 Blanken Ave.

VIDEO
SIN FUNG VIOEO, 144 Leland Ave., 586-1038

Valley Library Gets a Makeover

Crews continued work on Visitacion Valley Branch Library at 45 Leland Ave., which has been closed for remodeling since Oct. 10. The facility is scheduled to reopen on Tuesday, Dec. 10 at 10 a.m.

New Brochure Promotes Understanding Heartburn

A new patient education brochure, aimed at informing nighttime heartburn sufferers about the severity of the condition, is now available from the American Gastroenterological Association (AGA). Since its launch nearly one year ago, AGA's Nighttime Heartburn Relief Effort has sought to raise awareness among physicians and their patients about the potential dangers associated with nighttime heartburn and what can be done to treat it.

The campaign was created in response to a Gallup survey, which revealed that nearly 80 percent of the more than 60 million heartburn sufferers in America experience nighttime symptoms * While the survey established the tremendous scope of the condition, a study published in The New England Journal of Medicine established its severity-showing that nighttime heartburn sufferers are 11 times more likely to develop esophageal cancer. These findings, in combination with the revelation that nighttime heartburn also negatively affects quality of life for numerous sufferers, validated the need for patient and physician education.

"Nighttime heartburn is a widespread, potentially dangerous and under-appreciated public health problem," said Donald Castell, MD, chairman of the Department of Medicine at the Graduate Hospital in Philadelphia, PA, former president of AGA and chair of AGA's Nighttime Heartburn Relief Effort. "This brochure is an important tool- providing sufferers with the information necessary to fully understand the condition and to manage their symptoms."

The brochure, unveiled by the AGA at this year's Digestive Disease Week« meeting, includes tips on prevention, and information on available treatment options. It also provides information on an Internet database designed to help patients locate a gastroenterologist in their area. The brochure is available free to consumers through the AGA's Web site, www.gastro.org, or by calling the Nighttime Heartburn Relief Effort's toll-free number, 1-877-GUT-9800.

Throughout the remainder of the year, physicians representing the Nighttime Heartburn Relief Effort will be traveling to various cities across the country-talking to the media and meeting with local health organizations, in an effort to provide information to consumers and other medical professionals about the seriousness of nighttime heartburn.

For more information about AGA's Nighttime Heartburn Relief Effort or to find a gastroenterologist in your area, visit AGA's Web site at www.gastro.org, or call 1-877-GUT-9800. *NAPS*

**Based on a survey of 1,000 adults experiencing heartburn at least once a week, conducted by Gallup for the American Gastroenterological Association.*

ICD an Emergency Room in Patient's Chest

Each year, approximately 260,000 heart patients become candidates for an implantable cardioverter defibrillator, also known as an ICD. But in patients who have heart conditions similar to that of Vice President Cheney, only one out of six who need an ICD actually get one.

An ICD is designed to monitor the heart's rhythm and prevent sudden cardiac arrest, a leading cause of death in the United States. The Medtronic ICD that Vice President Dick Cheney received was implanted as a precaution. According to Dr. Marshall Stanton, medical director of Medtronic, "225,000 people suffer cardiac arrest in the United States each year. Unfortunately, only 5 percent of those people survive."

During sudden cardiac arrest (SCA), the heart stops beating and does not pump blood. SCA is often caused by an irregular heart rhythm known as tachyarrythmia-a too-fast heartbeat caused by a disturbance in the electrical activity that regulates each beat. When a heart beats too fast, the problem usually originates in the lower chambers of the heart. This life-threatening condition is often associated with signs and symptoms such as dizziness, sweating, anxiety, fainting, or unexplained irregular heartbeat.

If a patient suffers sudden cardiac arrest, the ICD delivers an electric shock to the heart, restoring its normal rhythm. An ICD is often described as a miniature emergency room in the chest. Unfortunately, many victims who suffer a sudden cardiac arrest are not aware they are at risk. Risk factors include previous heart attacks, heart failure or family history of heart disease. Individuals with a history of heart problems should ask their physician about a referral to a heart rhythm specialist, known as an electrophysiologist, for diagnosis and treatment options.

An ICD is surgically implanted just below the left collarbone, under the skin. Wire leads are threaded through a vein to specific areas of the heart. The procedure takes approximately one hour.

"People don't feel the ICD while it is continuously monitoring the heart rate," Dr. Stanton said. "When the heart goes too fast, the ICD paces the heart-they don't feel that either. They would feel it if the shock was delivered. Most people would describe the shock as a big kick in the chest. Although it is uncomfortable, it only lasts for a split second," he added.

Like Vice President Cheney, many patients resume normal activities immediately after receiving an ICD. James Hicks, a fifth grader from Atlanta, Georgia received a Medtronic ICD implant in March 1999. At the age of seven, James was playing a soccer match when he suddenly fell down, unconscious. When an electrophysiologist noticed his abnormal heart rhythms, James was diagnosed with Long QT syndrome, an abnormality of the heart's electrical system. James is back to being a regular kid-he's going to school, playing tag football and tennis. His dad, Leon, said, "Since James got his ICD, he's brightened. It's like a big cloud has been removed."

Those at risk for heart failure or sudden cardiac arrest should contact their physician to discuss diagnosis and treatment options. A physician can help you determine whether a referral to an electrophysiologist makes sense. More information about sudden cardiac arrest and implantable cardioverter defibrillators may be found at www.medtronic.com. *NAPS*

Consumers Fight Back Against Credit Card and Identity Theft

by Diane Terry, Director, Fraud Victim Assistance Department, TransUnion LLC

Battling credit fraud and identity theft is an issue for everyone, at every income level. If you don't believe it, just ask Oprah Winfrey or Microsoft co-founder Paul Allen.

They are among 217 celebrities whose credit-account information was allegedly stolen by Abraham Abdallah, a high school dropout, arrested in March in New York. Abdallah's case is notable because of the boldness of his alleged thefts and prominence of his supposed victims. But, you don't have to be famous to fall prey to this level of fraud.

To combat the problem, Chicago-based TransUnion LLC, a leading provider of credit and financial data, developed the first Fraud Victim Assistance Department, which helps consumers and companies identify, reduce and resolve credit fraud.

Consumers can also become a first line of defense against fraud by doing the following:

Prevention Tips

*Cut, shred, or destroy unused pre-approved credit offers.

*Secure your mailbox to prevent stolen mail.

*If your mail has been tampered with, or stolen, contact postal authorities.

*Avoid carrying your social security card, birth certificate or passport.

*Store a list of your credit and bank accounts in a locked box.

*Don't give out personal information over the phone.

*Don't have your social security or driver's license number printed on your checks.

*Order your credit report at least once a year to ensure accuracy, by calling TransUnion at 1-800-888-4213.

If your identity is stolen

*Keep accurate records. At the first sign of fraud, begin a log of dates and time spent solving this problem.

*Inform all creditors on your credit report Alert all credit-card companies, stores, and other credit grantors about the fraud. Have the inaccurate information removed

*Call and write all law-enforcement authorities. Report fraud to the local police, the U.S. Secret Service, the FBI (if a bank is involved), and the U.S. Postal Inspector.

*Call TransUnion's Fraud unit at 1-800-680-7289 or visit www.transunion.com

Theft of identity and credit information has been around since the invention of money. Technological advances such as e-mail, computer-based and online financial services, wireless communications and electronic fund transfers have emerged in the last 20 years, increasing the opportunities for fraud. Using caution and applying the above tips is your best defense in protecting both personal and financial data from prying eyes and sticky fingers. *NAPS*

What to Do if Your Identity is Stolen

When an imposter co-opts your name, your Social Security number, your credit card number, or some other piece of your personal information for their use-in short-when someone appropriates your personal information without your knowledge, it's a crime.

To help you protect yourself, the Federal Trade Commission (FTC) has a tip: by paying attention to your personal information, you can minimize your risk. Identity thieves can get personal information in ways most people never give a second thought to: catalog and magazine labels in the trash, credit card receipts left at the gas pump, even receipts left on the restaurant table.

You may not even know your identity's been stolen until you notice something's amiss: you may get bills for a credit card account you never opened; your credit report may include debts that aren't yours; a billing cycle may pass without your receiving a statement, or you may see charges on your bills that you didn't sign for, authorize, or know anything about.

First Things First

If someone has stolen your identity, take four actions immediately.

1. Contact the fraud departments of each of the three major credit bureaus: Equifax: 1-800-525-6285; Experian: 1-888-397-3742; and TransUnion: 1-800-680-7289. Tell them to flag your file with a fraud alert, including a statement that creditors should get your permission before opening any new accounts in your name

At the same time, ask the credit bureaus for copies of your credit reports. Review them carefully to make sure no additional fraudulent accounts have been opened in your name or unauthorized charges made to your existing accounts.

2. Contact the creditors for any accounts that have been tampered with or opened fraudulently. Speak with the security or fraud department, and follow up in writing.

3. File a report with local police or with police in the community where the identity theft took place. Keep a copy.

4. Report the identity theft to the FTC's toll-free ID Theft Hotline: 1-877-438-4338 and ask for a free copy of ID Theft: When Bad Things Happen to Your Good Name, (Monday through Friday, 9 a.m. to 8 p.m. EST, or log onto www.consumer.gov/idtheft).

The FTC works for the consumer to prevent fraudulent, deceptive and unfair business practices and provides information to help consumers spot, stop and avoid them *NAPS*

Breakthrough Heart Failure Therapy Approved by FDA

Nearly 5 million Americans are afflicted with heart failure, a chronic and disabling condition that robs patients of their ability to live independent, normal lives. The recent U.S. Food and Drug Administration approval of the Medtronic InSync« cardiac resynchronization therapy represents the first major breakthrough in 30 years for the treatment of the condition. This implantable cardiac device brings new hope to thousands of long-suffering patients who have moderate to severe heart failure.

In healthy people, the two lower chambers of the heart contract together to pump blood through the body. But, for approximately half of all patients with heart failure, these chambers no longer contract at the same time. As a result, the heart is unable to pump efficiently InSync therapy normalizes the heart's contractions and ensures that a patient's heart pumps correctly and more efficiently by sending tiny electrical impulses to the heart muscle.

Heart failure typically causes fatigue, shortness of breath, swelling of feet and ankles (edema) and other complications. Symptoms like these sent Florida resident Bob Binning, 60, to his doctor. After careful examination, Binning was diagnosed with severe heart failure. He and his wife began searching for treatments and solutions. Binning was the third person in the United States to receive InSync therapy as part of the Miracle (Multi-center InSync Randomized Clinical Evaluation) study, which tested the safety and effectiveness of the device. He noticed an immediate improvement. "Since the InSync has been implanted, my energy levels have increased above and beyond anything I expected," Binning said. "InSync therapy has given me a whole new chance to live my life and to do so many things I thought I would never be part of again."

The InSync device, slightly larger than two stacked silver dollars, is surgically implanted under the skin in the chest area by a specially trained electrophysiologist or cardiovascular surgeon. Three very thin insulated wires (leads) are threaded from the device through the veins and to the patient's heart. The procedure is typically done with local anesthesia, so the patient remains conscious. Patients usually stay in the hospital overnight, and like Binning, are able to return to a more active lifestyle following their recovery. "Since I've had the InSync implanted, I've been able to work part-time. I feel like I'm back in the world, participating in day-to-day activities."

Heart failure patients have traditionally been treated with an average of six medications for their condition, and 15 percent of hospital admissions for heart failure are related to medication non-compliance. Total treatment cost for U.S. patients with heart failure is more than $38 billion annually, the most costly cardiovascular disease in the United States.

InSync therapy is not for everyone, but it may be effective for at least 650,000 Americans with this debilitating and often deadly condition. "Heart failure took a terrible toll on the quality of my life," Binning said. "Having InSync has given me back a future." *NAPS*

Interesting Facts About Credit Interest

Comparison shopping when it comes to selecting a credit card can save a consumer money and help to protect a credit rating down the road. While some consumers are willing to pay for the convenience a card offers, many are not aware they can save money in the long run by comparing interest rates.

Here are a few key terms to consider and compare when shopping for a card. The annual percentage rate or APR is the interest rate the consumer pays on an annual basis on balances carried from one billing cycle to the next.

Be aware that some credit cards charge different interest rates for purchases and cash advances.

If a credit card offers a variable rate, the interest rate is calculated according to a formula that usually involves what is called an index rate.

The index rate can be taken from the prime rate, Treasury bill rates, the fed fund rate or the Federal Reserve discount rate. If the index rate used to calculate the interest rate on a credit card changes, the rate on the card will change too.

Some cards offer a tiered interest rate. This means that different rates apply to different levels of the outstanding balance. For example, a card may charge 16 percent on balances of $1 to $500 and 17 percent on balances over $500.

When shopping for the right card consumers should consider their shopping and spending habits. For instance, if you don't always pay your monthly bill in full, you should probably consider a card that carries a lower APR.

But if you do pay off your bill in full each month, your best choice may be a card with no annual fee.

For more information, visit www.federalreserve.gov/pubs/shop or call 202-452-3244 or write to Federal Reserve Board, Publications, MS-127, Washington, DC 20551. *NAPS*

A Lot of Litter in Visitacion Valley

A large lot on the southeast corner of Sunnydale Avenue and Hahn Street appeared to be a magnet for litter when recently photographed.